

LAKELAND'S YOUTH FOOTBALL

(Football)

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|------------|---|--------------------------|
| 8 & under | 7 & 8 years old as of 9/01 current year | Weight Limit of 120 lbs. |
| 10 & under | 9 & 10 years old as of 9/01 current year | Weight Limit of 135 lbs. |
| 12 & under | 11 & 12 years old as of 9/01 current year | Weight Limit of 150 lbs. |

1. **South Carolina High School Rules shall govern play with the following exceptions:**

2. Weight Limit: 8 & under - 120 lbs.
10 & under - 135 lbs.
12 & under - 150 lbs.

Mandatory weigh-in for all players one week prior to first game. Official roster shall include player name, jersey number and weight at the time of this official weigh in.

Players weighing over the weight limit can still play, but must play the interior line and not carry the ball in any aspect such as handoff, fumble recovery, punt return, interception, etc.

OVERWEIGHT PLAYERS

- A) Overweight players will wear numbers 70-79 so they can be easily identified. NO OTHER players will wear numbers in this range.
 - B) On offense, a maximum of 5 overweight players will be allowed and they can only play positions of tackle, guard or center.
 - C) On defense, a maximum of 5 overweight players will be allowed. They can only play tackle to tackle and must assume a 3 or 4 point stance prior to snap of the ball.
 - D) Overweight players cannot play on kick off or kickoff return teams with the exception that, in a situation where there are not enough eligible players to fill all of the spots, these players may be used as needed to continue play.
 - E) An overweight player is eligible to kick the extra point only. They may not kick off or punt.
 - F) If an overweight player is caught playing in an ineligible position there will be an unsportsmanlike penalty called and a warning given to the head coach.
 - G) Overweight players may be re-weighed, at their request, during the season. If weight has dropped below the limit, it will be the responsibility of the player/parent to purchase a new jersey without the "70" number
3. All personal equipment must be NOCSAE approved.
4. Football Size: 8U and 10U Leagues – Wilson k-2 (or equivalent)
12U League – Wilson TDY (or equivalent)
5. Regulation penalties.
6. Games will be played on a regulation 100 Yard field length.
7. Participation: Each player who attends the game must play an equivalent of 1 quarter with one quarter consisting of a minimum of 8 plays. Kick-off/returns count towards the total but the 8 plays need to include some offensive and/or /defensive plays as well.

****PLEASE NOTE**** No member of any Interscholastic School team may participate in the same sport in the Recreation program of the current season if the player dressed out for a game after September 1 of the current year. This is a SCHSL Rule.

8. Each team gets two 1 minute time outs per half. Half Time will be five (5) minutes.
9. Scoring:
 - Touchdown - 6 points
 - Safety - 2 points
 - Point after touchdown - 1 point for running or passing
 - Point after touchdown - 2 points for kicking (free kick)
 - Field Goal - 3 points
10. Each team will get 30 seconds to get a play off after officials have signaled the ball ready for play.
11. A team must have eleven (11) players to start a game. Less than eleven (11) players at game time will result in a forfeit. No team may drop below 8 players at any point in the game.
12. Time:
 - 8 & under: 8 minute quarters
 - 10 & under: 8 minute quarters
 - 12 & under: 8 minute quarters

**JUNIOR LEVEL CLOCK RULES
APPLY!**

Junior level clock rules are the same as high school EXCEPT:

1. The clock starts when the ball is set not when the ball is snapped.
2. Any time a team has a 20 point lead, we will go to a continuous clock

13. **Coaches - 8 & under Division Rules:**
 - a. One Coach is allowed on the field. Coach must remain away from the play after the ball is snapped. Coach may be penalized if he interferes with the play. Penalty: 10 yards and loss of down.
 - b. Kick off from 40 yard line. NO ON-SIDE KICKS are allowed.
 - c. No punts. On fourth down a team may go for first down or declare to punt only. If they choose to punt, the ball will be moved 25 yards from the line of scrimmage or ½ the distance to the goal if it is inside the 50 yard line.
14. **Coaches - 10 & under Division Rules:**
 - a. NO COACHES ARE ALLOWED ON THE FIELD!!
 - b. Kick offs from 40 yard line.
 - c. No punts. On fourth down a team may go for first down or declare to punt only. If they choose to punt, the ball will be moved 25 yards from the line of scrimmage or ½ the distance to the goal if it's inside the 50 yard line.
15. **Coaches - 12 & under Division Rules:**
 - a. No Coaches allowed on the field.
 - b. Kick off from 40 yard line.
 - c. Regulation Punts.
16. **Field goals and extra point kicks**
 - a. Free kick in all divisions.
 - b. No fakes.
 - c. All kicks must be announced.
 - d. Off-sides will be called.
17. Palmetto Tournament – All regular season teams will play in a single elimination tournament starting no later than the week of October 15th. State Finals (8U, 10U & 12U) will be the weekend of October 29th.